

# LUNG CONNECT INDIA FOUNDATION'S



# 133<sup>rd</sup>

## SUPPORT GROUP MEETING MUMBAI-MAHARASHTRA

Topic

### HOW TO PREPARE FOR LUNG CANCER TREATMENT ?

Followed by Q & A Session by Dr Arvind Vaidyanathan

#### GUEST SPEAKERS



**DR RUP JYOTI SARMA**  
Consultant Medical Oncologist  
State Cancer Institute  
Guwahati, Assam



**DR ARVIND VAIDYANATHAN**  
Senior Resident  
Dept of Medical Oncology  
TMH, Mumbai



**MR TEJ KUMAR PRADHAN**  
Lung Cancer Warrior  
Ranchi, Jharkhand



**MS VANDANA MAHAJAN**  
Lead Counselor,  
Lung Connect India Foundation

#### MODERATOR



SCAN ME



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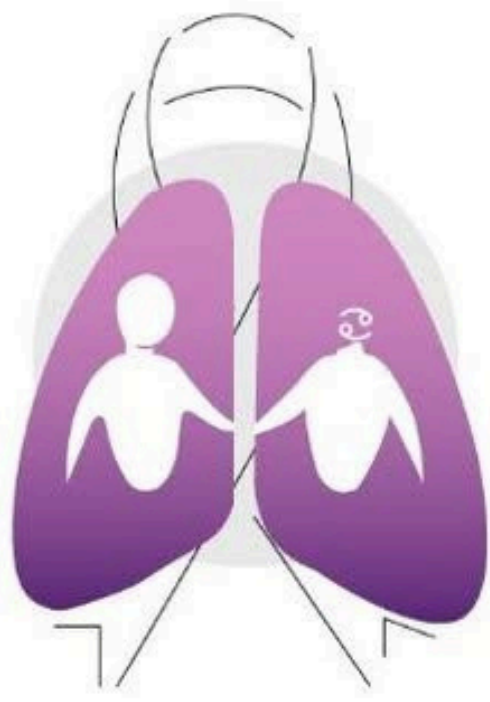


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**+91 73040 14717**



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**lungconnectindia.org**





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# 133RD SUPPORT GROUP MEETING – MUMBAI

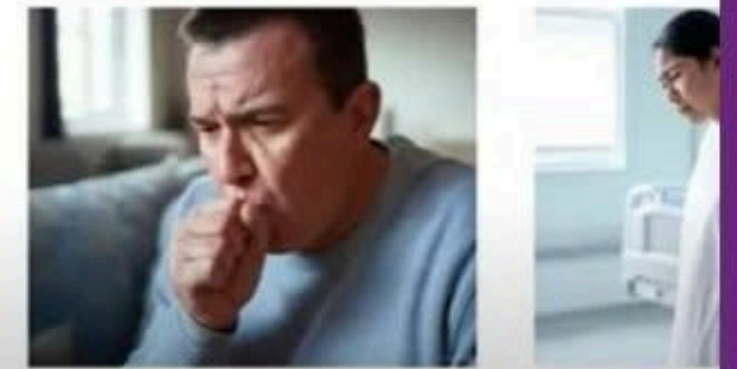
## HOW TO PREPARE FOR OPD VISIT FOR LUNG CANCER PATIENTS

### KEY TAKEAWAYS

- Lung Connect successfully concluded its 133rd Support Group Meeting which was held on 14th February, 2025.
- Dr Rup Jyoti said that as each patient gets only 7-10 mins in OPD it is very important to prepare and come.
- Preparations can include- history, current symptoms, past illness, treatment taken, comorbidities, all scan reports, blocks in case you go for second opinion.
- We had Dr Arvind Vaidyanathan who solved the queries of the meeting participants.
- We heard words of wisdom from Mr Tej Kumar Pradhan.

### HISTORY- WHAT ARE THE CURRENT SYMPTOMS

- What symptoms, for how long, how is it impacting your life?
- Cough
- Blood in sputum
- Chest pain, breathlessness
- Back pain
- Leg weakness
- Dizziness, seizure



### PANELIST:

**DR RUP JYOTI SARMA**  
CONSULTANT MEDICAL ONCOLOGIST  
STATE CANCER INSTITUTE  
GUWAHATI, ASSAM



**DR ARVIND VAIDYANATHAN**  
MEDICAL ONCOLOGIST  
TMH, MUMBAI

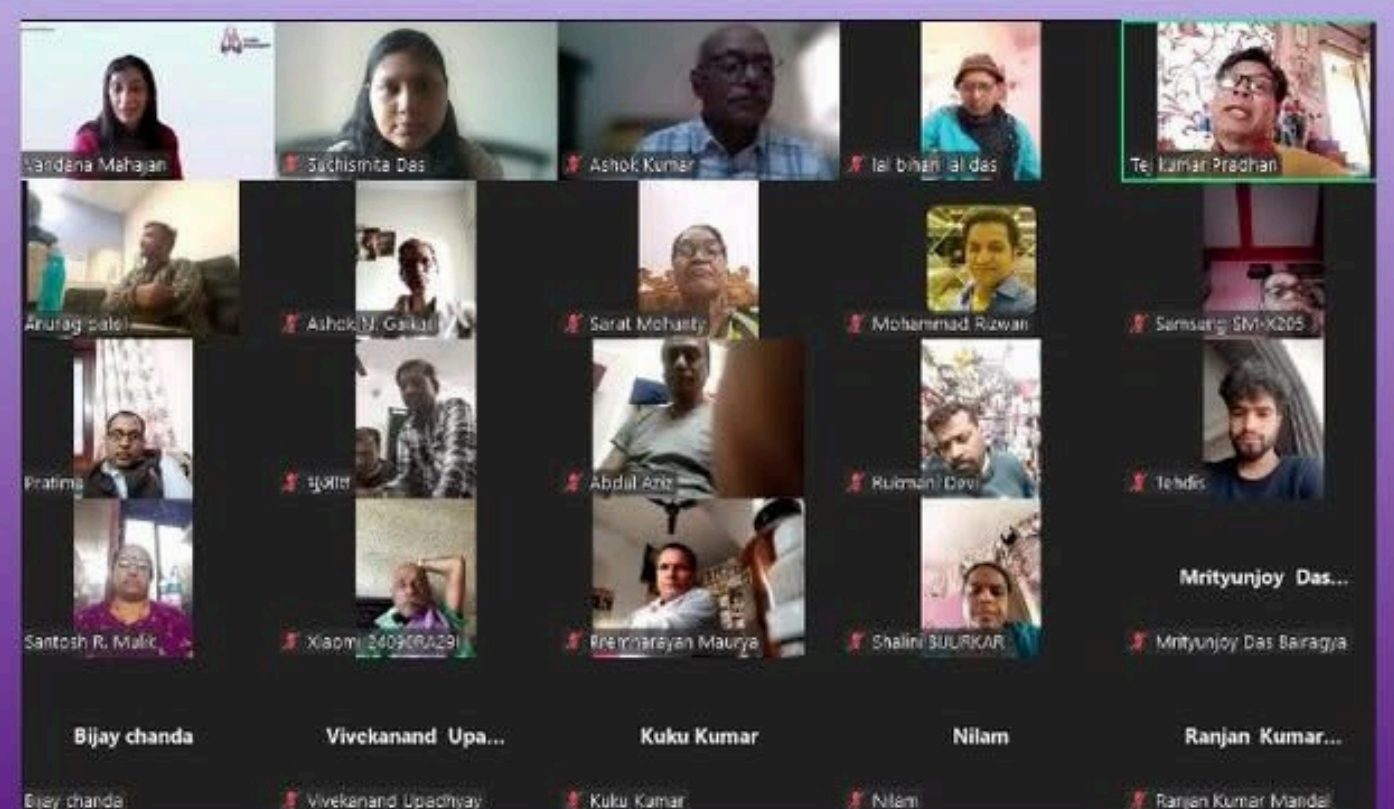
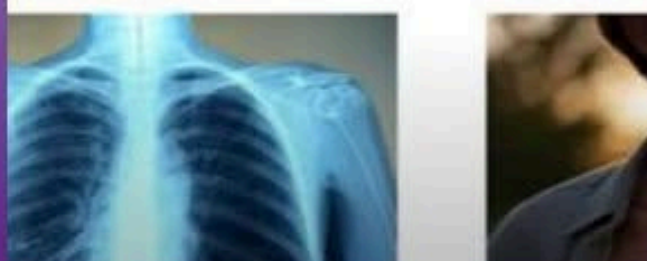


**MR TEJ KUMAR PRADHAN**  
LUNG CANCER WARRIOR



### ILLNESS AND TREATMENT

When taken? How long? How many medicines?  
History of any cancer? - recurrence/ second primary  
Previous removal- reason? Ovary removal also  
Surgeries prior? Lumpectomies outside??





# 134<sup>th</sup> SUPPORT GROUP MEETING UP-BIHAR



Topic: EGFR lung cancer- Treatment  
& Way Forward

**Followed by Q&A session with Dr Akhil Kapoor and Dr Amit Kumar**



**DR AKHIL KAPOOR**

Medical Oncologist  
TMH, Varanasi



**DR AMIT KUMAR**

Medical Oncologist  
Medanta Hospital  
Patna



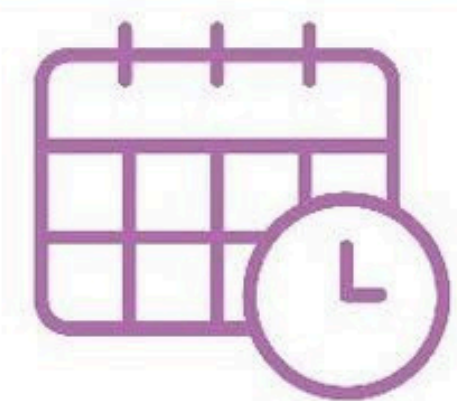
**ASHOK KUMAR**

Lung Cancer Warrior and  
Patient Advocate



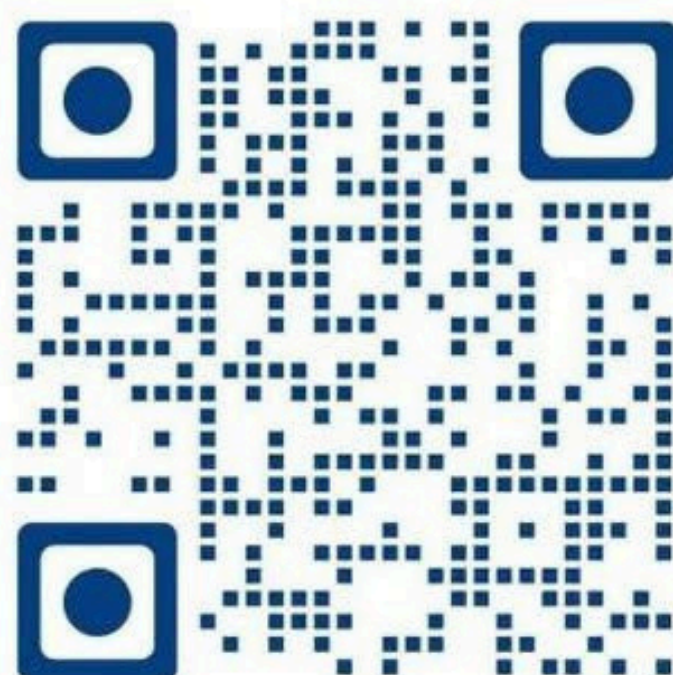
**ANTIMA RAI**

Cancer Survivor  
Moderator

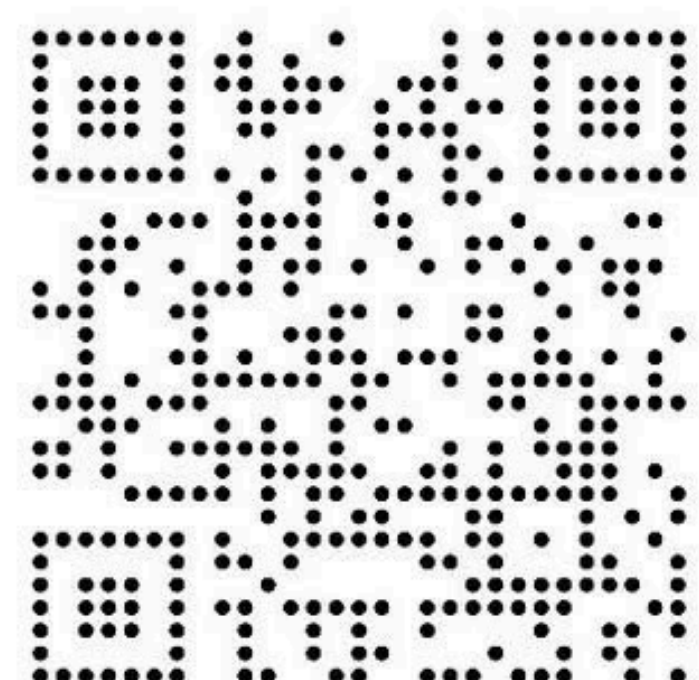


**19th February, 2025  
4pm onwards**

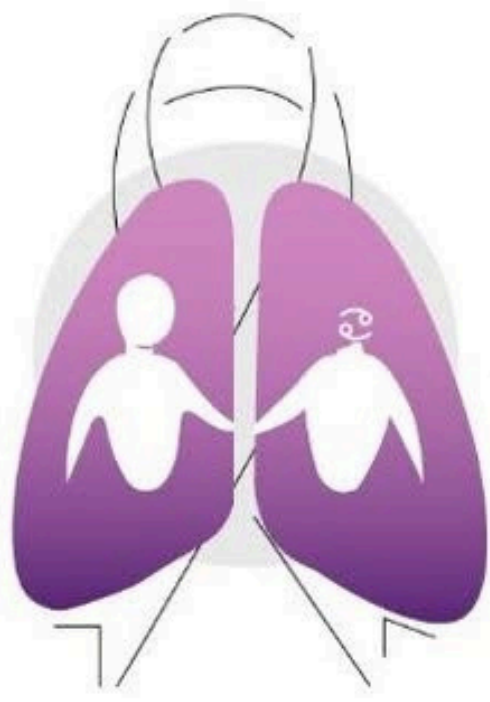
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# 134TH SUPPORT GROUP MEETING- UP- BIHAR

## EGFR LUNG CANCER- TREATMENT & WAY FORWARD

### KEY TAKEAWAYS

- Lung Connect conducted its 134th Support Group Meeting on 19th February, 2025.
- Dr Akhil Kapoor took a session on EGFR lung cancer.
- Earlier patients with lung cancer used to live just for months, but now with research and target able mutations patients have a good quality of life for years.
- The treatment available for this mutation are- Chemotherapy with Gefitinib or Osimertinib.
- There are clinical trials going on in India, you must be informed about them.



### PANELISTS:

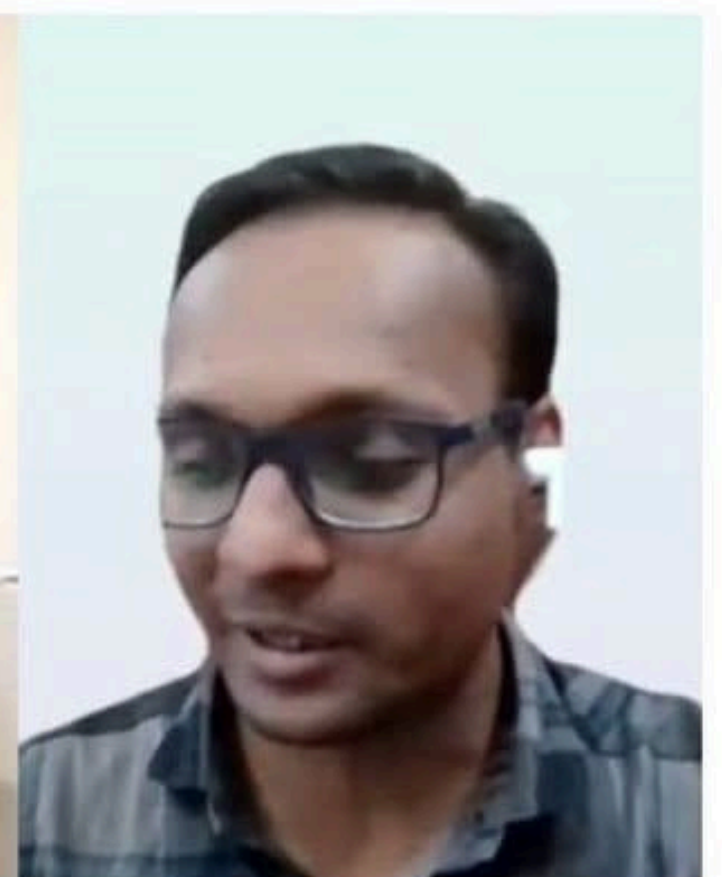
**DR. AKHIL KAPOOR**  
Associate Professor, Medical  
Oncology  
Tata Memorial Hospital, Varanasi



**DR. AMIT KUMAR**  
Senior Consultant Medical  
Oncology,  
Medanta Hospital, Patna



**ANTIMA RAI**  
Cancer survivor and patient  
navigator (lung connect) Moderator





# 34TH GERIATRICS OPD SUPPORT GROUP MEETING

Every fight becomes a little bit easier when we fight it together.



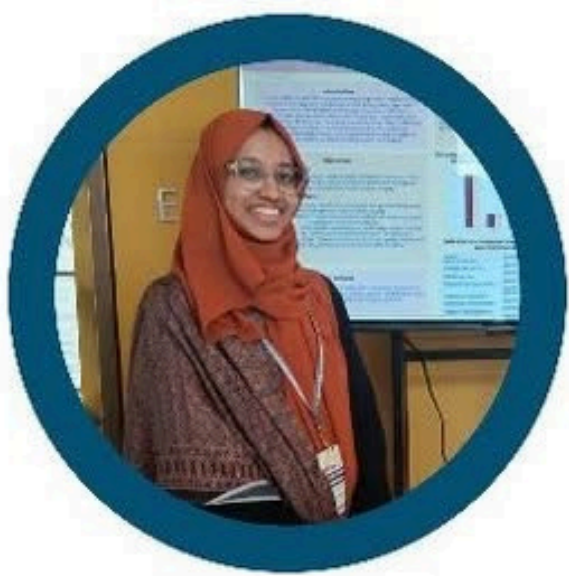
## TOPIC OF DISCUSSION

**Addressing the mental health needs of older patients and  
effective strategies for improvement**

We have Dr. Anita Kumar, Dr. Anupa Pillai and Dr. Arvind Vaidyanathan as our support.  
We also welcome our guest Fathimath Naeema Nasreen

**FRIDAY, 21ST FEBRUARY 2025**

**4:00 pm**



Dr Fathimath Naeema Nasreen  
Psycho Oncologist  
Tata Memorial Hospital



Dr Anita Kumar  
Geriatrician  
Holy Family Hospital



Dr Anupa Pillai  
Geriatrician  
Tata Memorial Hospital



Dr Arvind Vaidyanathan  
Medical Oncologist  
Tata Memorial Hospital

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[https://us06web.zoom.us/j/86748530411?  
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Meeting Id:-  
867 4853 0411  
Pass code :- 213876





# 135<sup>th</sup>

## Support Group Meeting- Gujarat

### Topic: Chemotherapy Side-Effects and Management

COMMUNITY  
FOR PATIENTS  
AND CAREGIVERS  
OF LUNG CANCER



**Dr Palak Bhat**

Medical Oncologist  
Oncowin Cancer Centre  
Ahmedabad



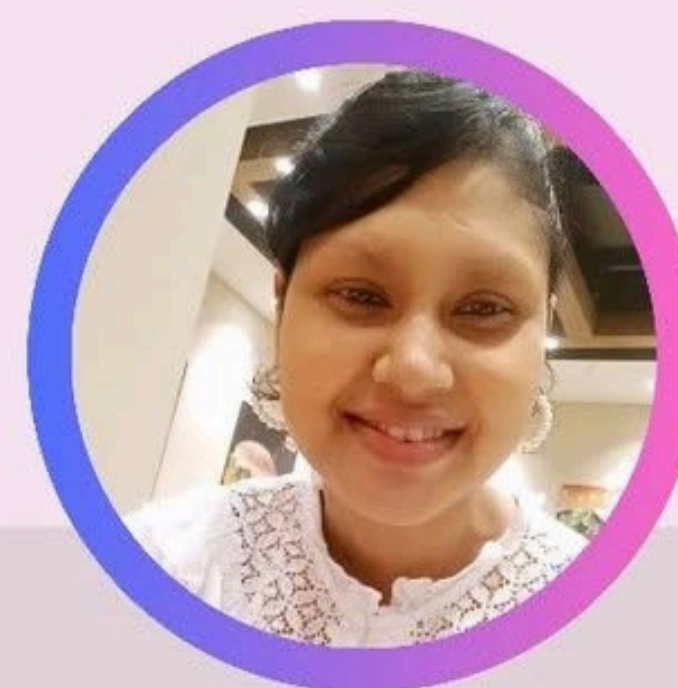
**Dr Rushabh Kothari**

Medical Oncologist  
Oncowin Cancer Centre,  
Ahmedabad



**Paresh Shah**

Living with lung Cancer  
Patient Advocate



**Suchismita Das**

Lung Cancer Survivor  
Moderator

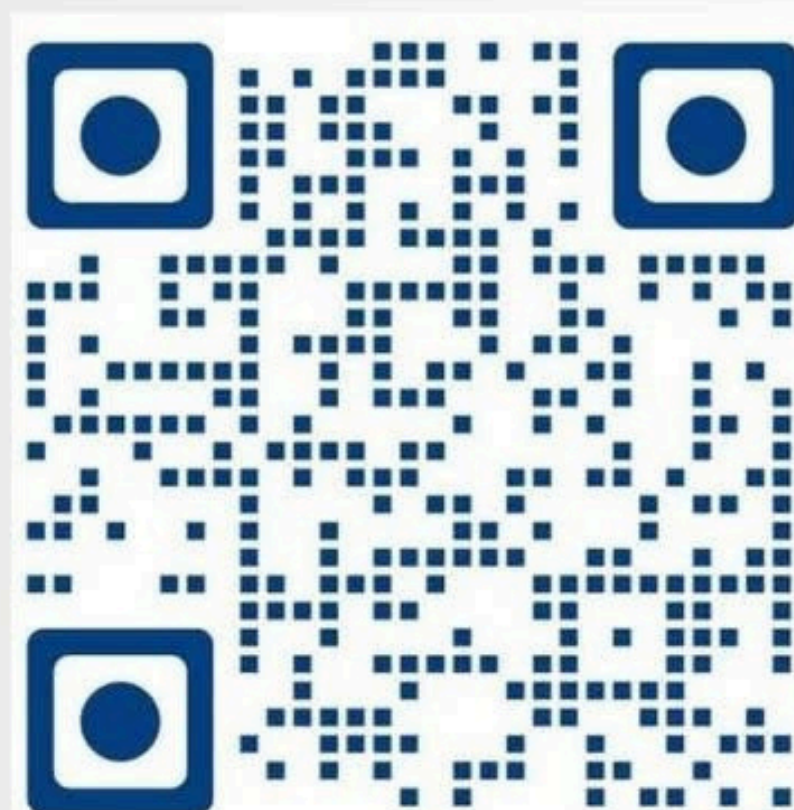


**28 February,  
2025**  
4pm onwards

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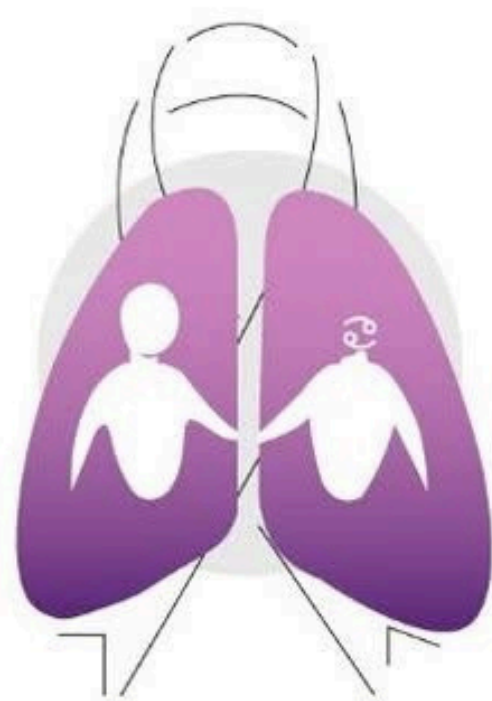


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# 135TH SUPPORT GROUP MEETING – GUJARAT

## CHEMOTHERAPY- SIDE EFFECTS AND MANAGEMENT

### KEY TAKEAWAYS

- Lung Connect successfully concluded its 135th Support Group Meeting - Gujarat which was held on 28th February, 2025.
- This time we had Dr Palak who explained about chemotherapy in simple language.
- He discussed about why these side effects happen, what are some common side effects and how to deal with them.
- He said there are certain side effects, if you face them we should visit the doctor immediately.
- The side effects generally last for 7-10 days after infusion.
- Dr Palak also helped to solve all the queries from the participants.
- Ashok Gaikar talked about his consistency in the meeting.

### PANELISTS

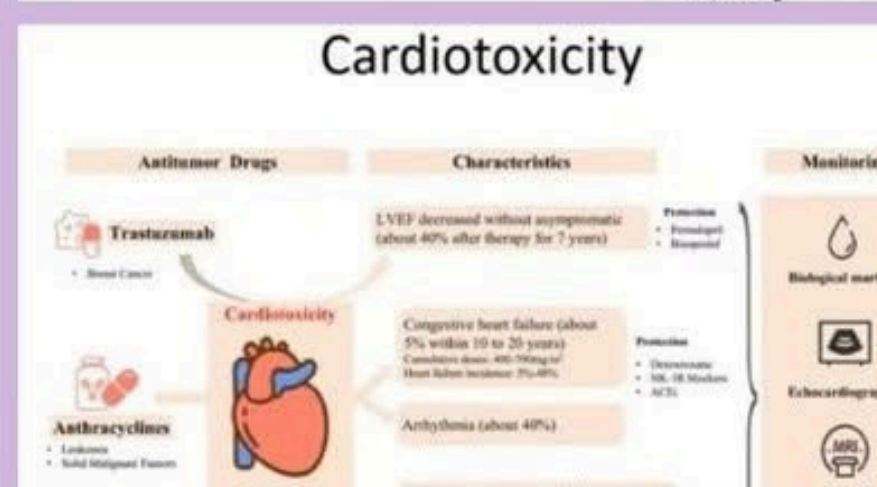
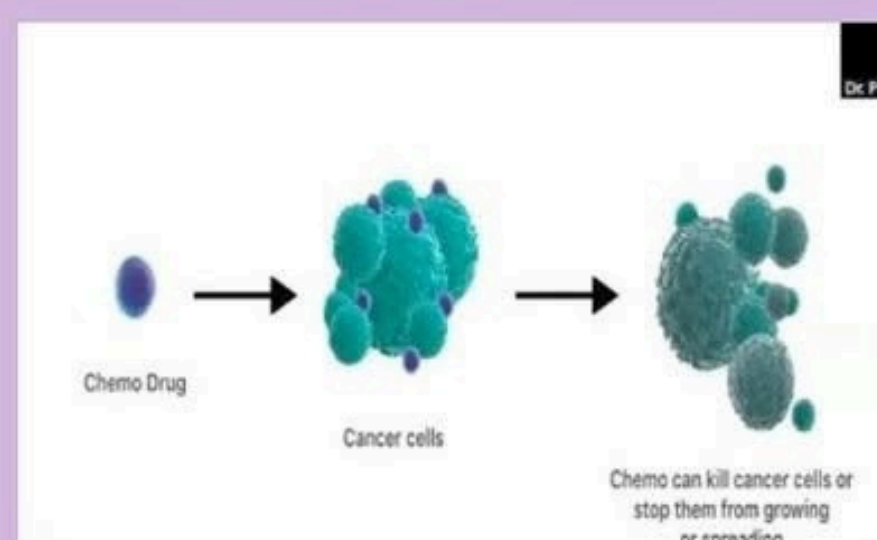
**DR. PALAK BHAT**  
Medical Oncologist  
Oncowin Cancer Centre  
Ahmedabad



**DR. RUSHABH KOTHARI**  
Consultant Medical Oncologist  
Oncowin Cancer Centre  
Ahmedabad



**MR. PARESH SHAH**  
Lung Cancer Patient & Patient Advocate, Lung Connect.



### What are common chemotherapy side effects?

- Fatigue
- Hair loss
- Easy bruising and bleeding
- Infection
- Anemia (low red blood cell)
- Nausea and vomiting
- Appetite changes
- Constipation
- Diarrhea

